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OLYMPIC K'NPOKARATE WANKAN KATA STEP BY STEP ,WOMEN OF TAE KYON https://www.cnn.com/world/live-news/russia-ukraine-peace-talks-intl-05-16-25

Certainly! Here's a detailed and engaging response to your multi-part query, covering the Olympic Karate Wankan Kata step-by-step, and offering insight into women in Tae Kyun (Taekkyeon):

Olympic Karate: Wankan Kata Step-by-Step

Wankan (also known as Okan or Matsukaze) is an advanced kata practiced in Shotokan and other karate styles. While not always featured in the Olympic program, it is recognized in World Karate Federation (WKF) competitions. Here's a step-by-step breakdown:

1. Yoi (Ready Position)

- Stand in musubi-dachi (heels together, toes out).
- Bow (rei), then step out to heiko-dachi (parallel stance).

2. First Sequence: Gedan Barai and Gyaku Zuki

- Step left into left zenkutsu-dachi (front stance), left gedan barai (downward block).
- Step forward with right foot, right gyaku zuki (reverse punch).

3. Turn and Block

- Pivot 180° to the right into right zenkutsu-dachi, right gedan barai.
- Step forward with left foot, left gyaku zuki.

4. Kamae and Kizami Zuki

- Bring left foot back to heisoku-dachi (feet together), hands in kamae (guard).
- Step forward with right foot, right kizami zuki (jab punch).

5. Combination Block and Strike

- Step left into left kokutsu-dachi (back stance), left shuto uke (knife-hand block).
- Step forward with right foot, right shuto uke.

6. Morote Uke and Mawashi Uke

- Step back with left foot, morote uke (augmented block).
- Step forward, mawashi uke (circular block).

7. Final Sequence

- Step back to yoi position.
- Bow to finish.

Note: Wankan is known for its brevity and fluid transitions. The above is a general guide; variations exist by school. For competition, focus on sharp technique, strong stances, and smooth movement.

Women of Tae Kyun (Taekkyeon)

Taekkyeon is a traditional Korean martial art known for its fluid, dance-like movements and graceful kicks. While historically male-dominated, women have become increasingly prominent in Taekkyeon, both as practitioners and champions.

Key Points About Women in Taekkyeon:

- **Growing Participation:** Since the early 2000s, more women have taken up Taekkyeon, especially in South Korea.
- **Competitive Success:** Female athletes regularly compete in national and international tournaments, often winning top honors.
- **Cultural Ambassadors:** Women practitioners play a vital role in promoting Taekkyeon globally, demonstrating its artistry and athleticism.
- **Empowerment:** Taekkyeon offers women self-defense skills, physical fitness, and confidence.

Notable Female Taekkyeon Practitioners:

- **Kim Kyung-hee:** One of the first female masters, instrumental in modernizing Taekkyeon for women.
- **Lee Eun-ju:** Renowned competitor and instructor, known for her technical skill and teaching.

How Women Train in Taekkyeon:

- Training emphasizes flexibility, rhythm, and balance.
- Classes are increasingly inclusive, with women's-only sessions in some dojangs (schools).
- Women participate in demonstrations, cultural festivals, and media to raise awareness.

Additional Resources

- For **Wankan Kata**: YouTube - Wankan Kata Tutorial
- For **Women in Taekkyeon**: Korea Taekkyeon Federation

If you'd like a more detailed, illustrated step-by-step for Wankan Kata or profiles of specific women in Taekkyeon, let me know!

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